

Team Umatilla NEWS

March 2007

A PUBLICATION OF THE UMATILLA CHEMICAL DEPOT AND
UMATILLA CHEMICAL AGENT DISPOSAL FACILITY

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Salty mess in MPF components causes brief outage



During processing in the Metal Parts Furnace (MPF) on March 22, operators noticed occasional fluctuations in pressure. Because of the abnormal condition, the decision was made to shut down the furnace manually and investigate why its performance was being hampered rather than keep processing and have a forced automatic shutdown.

What UMCDF personnel found was a thick column of salt built up inside the MPF Venturi, a component of the Pollution Abatement System (PAS) that removes particulate matter and acid gases from quenched furnace exhaust. Salt also was found in the crossover duct between the Venturi and quench tower. The total weight of the salt removed was about 2,750 lbs.

Once the material was safely removed, the furnace was restarted and processing resumed on March 28.



UMCDF systems contractor got its start not far from depot

The Three Mile Falls Diversion Dam, located near the town of Umatilla, is the major collection and counting point for adult salmonids returning to the Umatilla River.

The dam was the first project of any consequence for

Morrison Knudsen, a company that was founded in 1912, now known as Washington Group International. Three-Mile Falls Dam was completed in 1914 under a contract with the U.S. Bureau of Reclamation. It was authorized in 1905

under the 1902 Reclamation Act and most facilities were constructed between 1906 and 1927.

The dam was constructed in 1914 by the Bureau of Reclamation as an integral part of the Umatilla Project. The dam is owned by Reclamation, with

operation and maintenance responsibilities being handled primarily by the West Extension Irrigation District (WEID). The dam is a concrete buttress multiple arch weir which diverts water to the West Division through the West Extension Main Canal. The dam has a hydraulic height of



Three Mile Falls dam

23 feet, and a crest length of 915 feet. The canal is 27 miles long and has a diversion capacity of 375 cubic feet per second.

Morrison Knudsen co-founder Harry Morrison served as the project manager (he underbid his former employer, Bates & Rogers, by \$200 to win the contract}. The

dam, 50 feet high and 800 feet long, was completed in less than five months and earned the new company a profit of \$14,000 on a \$120,000 contract.

The project was challenging because its multiple-arch concrete design was new at the time and the constructors had several foundation problems.

When the river bed was de-watered, the constructors found that the foundation rock was badly shattered and fissured, requiring a much deeper cutoff trench and a much thicker concrete cutoff wall.

The company erected a steam-powered crusher plant and a concrete mixing plant. Concrete was delivered to the dam by hand-pushed carts along an 800-foot-long trestle built along the crest curve.



Published monthly by the Umatilla Chemical Depot and Umatilla Chemical Agent Disposal Facility.

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The views expressed in this newsletter are not necessarily those of the Army, CMA, UMCD or UMCDF.



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Now is a good time in chem demil

by Lt. Col. Donna Rutten
UMCD Commander

The weather is getting warmer. The days are getting longer. Spring is just around the corner. It's a good time of year.

It's also a good time in our world of chemical weapons demilitarization. Globally and locally.

Look at the numbers. The overall disposal program has now rid our world of more than 43 percent of the total original U.S. stockpile agent tonnage, and more than 52 percent of the total number of original chemical munitions. We appear to be on track to meet the international treaty requirement of 45 percent agent tonnage destruction by December of this year.

At Umatilla, we've destroyed nearly one-fourth of the original Umatilla stockpile agent tonnage, and more than half the total number of chemical munitions originally stored here. We've already completed more than half of the total of 7,493 enhanced on-site container (EONC) shipments that will ever occur to move all the munitions to the disposal plant. Along the way, we consolidated all remaining munitions into one storage area and closed I-block, the former mustard agent storage area.

I should add that Team Umatilla has accomplished all this safely without a sin-



Rutten

gle major chemical accident or event.

Beyond these numbers, I can sense it's a good time in chem demil. As depot commander, I get to see the "big picture" of a lot of team success stories and activities. This is a time when we are simultaneously

destroying the last of the Umatilla GB munitions, readying the team for the upcoming VX disposal campaign, and laying ground-work for both the mustard agent disposal campaign and eventual depot closure. That's a lot different from a near-total focus on GB rockets — and small rocket fires — just a year ago.

We're also continuing a multitude of daily activities in the life of a chemical depot. That includes emergency preparedness exercises, plume modeling, systems checks, policy enhancements, guard duty, records archiving, and everything else that goes into running a depot safely and successfully every day of the year. It's quite a team effort, and Team Umatilla is good at it.

When I say "team," I'm also thinking of our off-post partners. I've participated in a number of successful off-post meetings lately. We're making progress with various officials in emergency preparedness, environmental compliance, planning for depot closure, and more.

It's always a pleasure to work with our partners and oversight officials on our joint mission.

I do some of my best thinking as I exercise. As I ride my bicycle on post and take advantage of the better weather and longer daylight hours, it's good to see or hear hawks, eagles, coyotes and other wildlife on post, or to see plants and trees starting to bud. It's also good to think about how far we've come on the long and complex storage and disposal mission. We have a ways to go yet. We need to stay focused on safely completing the mission. But for now, I like to think about how it's a good time in chem demil.

Depot discovers leaking 'leaker'

A depot chemical operations monitoring crew detected trace amounts of GB sarin chemical agent vapors on March 27 inside a depot storage structure containing over-packed munitions.

Munitions in this storage structure, called an "igloo," have previously leaked and are over-packed in larger containers for additional safety and protection. The trace of GB chemical agent was detected during routine monitoring.

The igloo has a "passive" filter system that prevents chemical agent vapor from escaping outside the structure. However, as a

further protective measure, a powered filter system will be installed. The leaking container will be identified, inspected and decontaminated.

Even though the readings are so low they are not harmful to the public or the environment, depot officials notify the public when such incidents occur. They also notify off-post emergency operations centers in Umatilla and Morrow counties, Ore., Benton County, Wash., those in Oregon and Washington states, the Confederated Tribes of the Umatilla Indian Reservation and the Oregon Department of Environmental Quality.

Nearly a decade later, UMCDF is a vital part of area

by Don Barclay
U.S. Army Site Project
Manager

This spring marks the 10th anniversary of the creation of the Umatilla Chemical Agent Disposal Facility.

In the spring of 1997, the Army awarded the systems contract on Feb. 10, received state approval of the 10-year environmental permits on Feb. 12, held a ground-breaking ceremony on May 1, and gave the systems contractor full notice to proceed with construction on June 10.

During the ground-breaking ceremony, with 150 in attendance, military and civilian officials turned the first spades of dirt 20 feet off the southeast corner of K-Block.

"By definition, military missions have a beginning and an end," said Lt. Col. Marie Baldo, then the depot's commanding officer. "After 35 years, the end of our storage mission is in sight."

Fred Hisson, Raytheon Demilitarization Co. president at the time, said his company's record in operating the chemical weapons incinerator at Johnston Atoll showed the company was up to the task.

"Safety will be our prevalent concern," he said.

Theodore Procv, then deputy assistant to the Secretary of Defense for chemical and biological matters, said the UMCDF would remove the threat



Barclay

that storing the weapons, some deteriorating, poses for the nearby communities of Hermiston, Stanfield, Umatilla and Irrigon.

"(The weapons) were really and truly never meant to be stored for 20 years," he said. "We're going to eliminate this risk and do it safely."

An enormous amount of progress has occurred at the depot since that day, and at

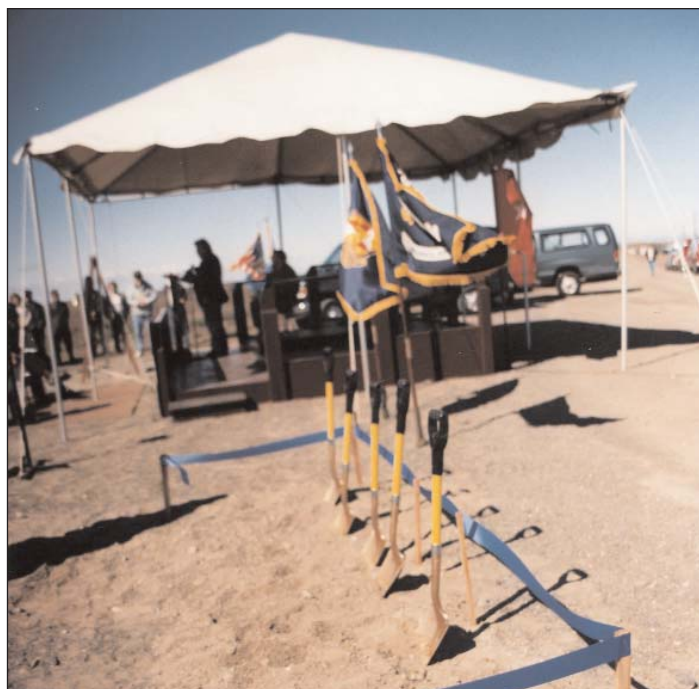
the same time, our community has prospered and grown. During the past 10 years, the City of Hermiston's population has increased by 25 percent, from about 11,500 in 1998 to 15,500 today. Many investments, including the state prison at Umatilla, the Wal-Mart Distribution Center at Hermiston, the Union Pacific expansion at Hinkle and the Tillamook Cheese factory at Boardman, contributed to the community's growth.

At the same time, with about 1,200 employees today, the Umatilla Chemical Depot has grown to become one of northeast Oregon's largest employers. Washington Group reports subcontract awards in the past decade have approached \$400 million and government contracting by the depot added many

millions more. The project has employed hundreds of local citizens and brought in people from around the nation. Two employees are the citizen mayors of Umatilla (Dave Trott) and Echo (Richard Winter).

For me personally, the last 10 years have gone by faster than I could have imagined and brought new opportunities I never expected. In the spring of 1997, I was at CAMDS, the program's research facility near Tooele, helping kick-start the Assembled Chemical Weapons Assessment (AWCA), which had just received congressional funding to develop neutralization plants at Pueblo and Bluegrass. At the time, it was a radical new direction for the chemical disposal program, and never in my wildest dreams did I envision one day I would be leading the Umatilla project toward the end of GB processing.

For all of us at Umatilla, our most lasting contribution is still in the making. As we approach the end of GB agent disposal, with its dramatic reduction in risk of an accident or incident affecting our communities, you have fulfilled in impressive fashion the commitments made 10 years ago when the Umatilla Chemical Agent Disposal Facility was just a bare patch of land on the edge of K Block.



UMCDF groundbreaking ceremony, May 1, 1997.

Conduct of Operations Core Values are UMCDF's backbone

by Doug Hamrick
WDC Project General
Manager

We frequently talk about conducting safe and compliant demil operations. But what does that mean to you? I'm sure if you ask 10 people, you'd probably get nearly as many different opinions. Each of us looks at the world differently (thank goodness!) because we have a different perspective that is based on our experience and even our specific work assignments.

Rather than debate the "what", I'd like people to think about the "how" of safe and compliant demil operations. If we only reward the end results (the "what"), we can quickly find ourselves taking shortcuts or cutting corners. That may work in the short term, but eventually the odds will catch up with us.



Hamrick

When I think about the "how", I look to our Conduct of Operations Core Values to provide the common theme for each of us as we go about our work. If we remember:

- Personal Accountability
- Procedure Compliance
- Technical Inquisitiveness
- Willingness to Stop

These values can be used as guidance by each of us as we're faced with the daily

challenges in our work. If our jobs were easy, anyone with any set of values could do them. Given what we're dealing with and the expectations that the community and the Army has for us, I don't consider anyone's work a "walk in the park." Quite the contrary; most of our daily tasks are extremely difficult, whether that involves plant operations or meeting the detailed requirements of our finance and accounting procedures. Also recognizing that we are human, not only do we need to apply these values to ourselves, but we also have to look out for each other.

To quickly recap what has happened at the plant in the past month, we still are processing GB 155mm projectiles and are anticipating a mid-summer completion of the GB campaign. Our workforce is beginning to really focus on our next agent campaign, VX.

Planning has been ongoing for several months and we soon will be educating our employees and the public as to what the campaign holds in store.

We continue to conduct operations safely. Keep up the good work; let's prove that all serious injuries are preventable. I'd like to thank the people that put on the recent Environmental Process Improvement Team (EPIT) challenge. It was really enjoyable and yet gave us an opportunity to learn in a non-threatening environment.

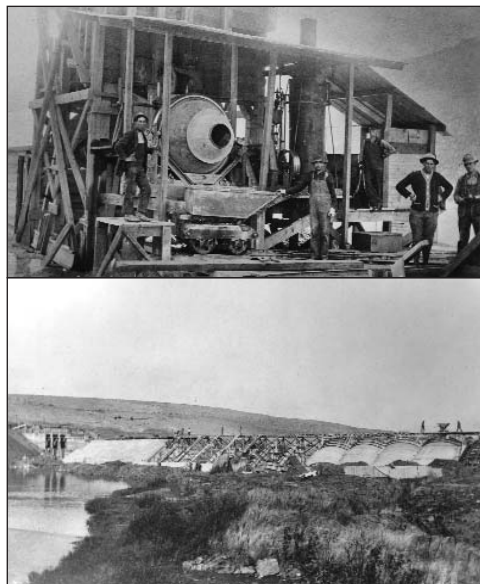
With spring officially beginning later this month, we look forward to better weather, new life emerging around us and continued progress toward the total elimination of one chemical agent from the depot stockpile. As always, I am extremely proud of and grateful for the work our employees do every day.

Dam: Washington Group legacy company began with dam project in Umatilla County

Continued from Page 2

Four irrigation districts operate and maintain the project facilities. Diversion facilities include the Three Mile Falls Dam and the Feed Canal Diversion Dam, which is used to till Cold Springs reservoir. Storage facilities for the project include the Cold Springs and McKay Dams. The dam is the farthest downstream on the Umatilla River.

At right: Photos showing construction of Three Mile Dam in 1914.



Three Mile Dam

Quick Facts

- Region Pacific Northwest
- State Oregon
- County Umatilla
- Project Umatilla
- Dam type Diversion
- Location 3 mi S of Umatilla, Ore.
- Watercourse Umatilla River
- Original Construction 1914

Dimensions

- Crest Elevation 404.3 ft
- Structural Height 24 ft
- Hydraulic Height 23 ft
- Crest Length 915 ft
- Volume 5,100 cy

Area teachers receive educational grants from new program

The company that built and operates the incineration plant on the Umatilla Chemical Depot has given a financial boost to 10 area teachers for math, science and technology instruction.

Washington Group International-Umatilla in March awarded \$500 each to 10 teachers from schools in Hermiston, Umatilla, Stanfield and Irrigon, the four communities that border the depot. Washington Group spokesman Hal McCune said the Education Grant Program initiated this year at the Umatilla Chemical Agent Disposal Facility (UMCDF) will provide financial support for teachers annually.

"School budgets are tight, but teachers are always looking for ways to excite and motivate their students," McCune said. "These grants are intended to allow our hard-working teachers to use some innovative techniques and equipment that are out of reach with their normal budgets."

The grants will be used to enhance math, science and technology instruction in a variety of ways, from using CO-2 race cars to teach Newton's Laws, aerodynamics and wood-working skills to a computer program that teach-

es math and engineering concepts through the creation of maps and floor plans. Other uses for the grants include purchasing a color video camera with a microscope attached, an interactive computer program that addresses the earth's seasons and plate tectonics, electronic balances for lab use and materials to prepare a team of students to compete in the Lego League Robotics competition.

The teachers receiving Washington Group grants are:

- **Tim McCreary**, Hermiston High School
- **J.D. Brazil**, Armand Larive Middle School, Hermiston
- **Robert Smith** and **Mike Gaulke**, Sandstone Middle School, Hermiston
- **Jerry McMichael**, Umatilla High School
- **Cynthia Townsend**, Clara Brownell Middle School, Umatilla
- **Amy Kaser**, Stanfield Secondary School
- **Stephanie Ray** and **Laurie Harmon** (one grant), Stanfield Elementary School
- **Gary Hunt**, Irrigon High School
- **Judy Brown** and **Tonya Pomeroy** (one grant), A.C. Houghton Elementary, Irrigon

2007 CPC Education Grants factoids

- o Applications received: 22
- o Schools districts invited to participate: 4
- o Number of students that could benefit from these grants: 1,388+
- o 10 grants of \$500 each were awarded:
 - ☞ 4 winners were high school/secondary teachers
 - ☞ 4 winners were middle school/junior high teachers
 - ☞ 2 winners were elementary school teachers
- o Grant uses:
 - ☞ CO-2 car races where students build and race their own cars. The cars incorporate Newton's Laws, aerodynamics, forces science concepts as well as shop wood-working skills. The contest is a great motivator as students compete among area schools.
 - ☞ Interactive computer programs which address the benchmarks of the Theory of Plate Tectonics and Earth's seasons.
 - ☞ Microscopes to compliment science program which is currently text-based only. Addresses benchmark standard.
 - ☞ Electronic balances for use in labs and allowing great number of students access to working on labs.
 - ☞ Purchase of an In-Focus data projector to allow students to be able to present Power Point presentations by themselves or in groups, created on existing computer technology.
 - ☞ Purchase 14 copies of a software program called "Geometer's Sketch Pad." Gives student's a hands-on way to learn geometry concepts in a visual, technologically advanced process.
 - ☞ STREET (Sandstone Technology Robotics Electricity and Engineering Teams), which meets four times per week for 90 minutes of instructional time, would purchase materials needed to prepare their teams for competition in the FIRST Lego League Robotics Competitions held throughout the Tri-State area.
 - ☞ Purchase a digital camera and a photo printer so that students can document long-term science projects and lab experiments.
 - ☞ Purchase a FlexCam which is a color video camera with a microscope attached to the end for presentations or demonstrations.
 - ☞ Purchase 10 user licenses of the Microsoft Visio Program that makes possible the direct application of mathematics and engineering concepts through the creation of maps and floor plans.

Questions about chemical agent weapons disposal?

If friends, family or neighbors have questions concerning UMCDF operations, the Umatilla Chemical Disposal Outreach Office is available to answer those questions.

Umatilla Chemical Disposal Outreach Office
190 East Main Street,
Hermiston, Oregon 97838

Phone: (541) 564-9339
Fax: (541) 564-9532

Hours: 8:30 a.m. to 5 p.m.,
Mondays - Fridays
Evenings and weekends by
appointment.



Environmental Mission Statement

The Umatilla Chemical Depot, including the Umatilla Chemical Agent Disposal Facility and Washington Group International, is dedicated to excellence in environmental stewardship through continued compliance with all applicable Environmental and Natural Resource Laws and Regulations. Additionally, the Installation is committed to reviewing its environmental impacts and identifying targets and objectives for environmental process improvement and waste minimization opportunities.

Trolling for future chem demil prospects



Cheri Filarski of the Umatilla Chemical Agent Disposal Facility (right) talks with an eighth-grade student during the annual Umatilla County Career Fair held on Feb. 14 in Pendleton, Ore. The Demilitarization Protective Ensemble (DPE) Support Area (DSA) teamed with the Outreach Office and CSEPP Public

Affairs (pictured below) to provide information about the UMCDF and some of the jobs available there, particularly in the DSA. For several years, DSA personnel have supported the fair, which drew about 1,300 eighth-graders this year. The event was sponsored by the Umatilla-Morrow Education Service District (ESD).



Around the Demil World

Barbados joins CWC

The island nation of Barbados this month became the 182nd country to join the Chemical Weapon Convention.

Barbados submitted its instrument of accession on March 7 with the United Nations. The treaty will enter into force in the country on April 6.

The Dominican Republic and the Bahamas are now the only two Caribbean nations that have yet to join the treaty banning development, production, stockpiling or use of weapons containing materials such as sarin, VX or mustard agent.

"As soon as those two are on board, then essentially the entire hemisphere will have joined," Organisation for the Prohibition of Chemical Weapons spokesman Peter Kaiser said.

A total of 13 nations have not joined the convention. The other non-member states are Angola, the Republic of Congo, Guinea Bissau, Somalia, Myanmar, North Korea, Egypt, Iraq, Israel, Lebanon and Syria.

Last rocket safely processed at Anniston

ANNISTON ARMY DEPOT, Ala. (March 8, 2007) — The last chemical agent-filled M55 rocket stored here was safely demilitarized this evening.

The VX-filled rocket destroyed was the last of 35,662 rockets and rocket warheads to be stored in earth-covered igloos here for some 40 years.

In addition, more than 40,300 gallons of liquid VX have been safely destroyed in the Anniston Chemical Agent Disposal Facility (ANCDF).

"The completion of the VX rocket munitions is a significant milestone in the elimination of Anniston's chemical stockpile. The risk to the community has been greatly diminished through the efforts of our work force. We will continue to safely store and destroy the stockpile while ensuring the utmost protection for our work force and the community," said Lt. Col. Phillip M. Trued, Jr., Anniston Chemical Activity commander.

The previous milestone achieved at the ANCDF was

the safe demilitarization of the entire stockpile of GB-filled munitions. Between Aug. 9,

2003, and March 2, 2006, workers at the ANCDF disposed of 142,428 munitions and 96,246 gallons (874,436 pounds) of liquid GB. The GB campaign

included the disposal of 42,762 GB-filled M55 rockets.

Though there are still hundreds of thousands of other chemical munitions in depot storage igloos, the depot does not store and maintain M55 rockets any longer. All of Anniston's 78,424 M55 rockets have been safely demilitarized.

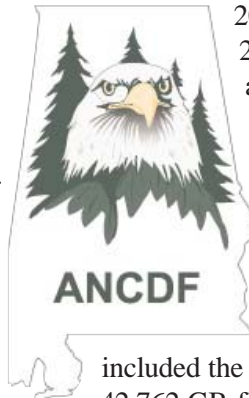
Timothy K. Garrett, ANCDF site project manager, said, "Our workers are safely doing a very important job. Working in an industrial setting, under conditions that include explosives and chemical warfare materiel, they have reduced the size of the Anniston stockpile by almost 27 percent. That equates to a risk reduction of some 97 per-

cent. Their accomplishments are truly commendable."

"Although ANCDF workers still have two more VX munitions campaigns coming up, I agree that the milestone of processing the last VX rocket is a significant achievement for our employees and the community," said Robert C. Love, Westinghouse Anniston project manager.

Disposal operations are now suspended so the work force may begin planned maintenance activities. The primary focus of the maintenance effort is the removal of the rocket handling equipment and the preparation and testing of remote controlled machines to process 100-pound, VX-filled 155mm artillery shells. The demilitarization of the artillery shells is expected to begin this summer.

VX disposal operations will be followed by the third agent campaign, mustard agent demilitarization. The ANCDF is scheduled to be decontaminated and closed once the Anniston stockpile has been safely eliminated.



Leaking mustard agent detected at Utah depot

DESERET CHEMICAL DEPOT, STOCKTON, Utah (Feb. 26, 2007) — A trace amount of mustard agent leaking from the valve of a bulk container was discovered during

routine operations in a storage igloo at Deseret Chemical Depot.

Depot workers in protective clothing will use specialized equipment to contain the vapor before

moving the agent-filled munition to another storage structure where workers will replace the container's hardware. Tooele county officials were notified and there was no dan-

ger to surrounding communities.



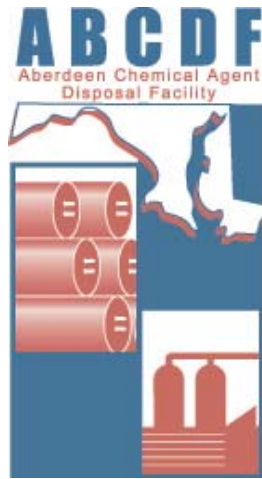
Aberdeen chemical disposal facility ready to close

The Army announced on March 12 the completion of all requirements to close the Aberdeen Chemical Agent Disposal Facility (ABCDF). The command neutralized 1,623 tons of mustard agent, decontaminated and disposed of the steel containers used to hold the agent, and demolished buildings used during the disposal process.

"Today marks a significant achievement in the global chemical weapons

disarmament effort. ABCDF is the first chemical weapons disposal facility in the continental U.S. to destroy its stockpile and decontaminate and demolish its plant," said Dale Ormond, Army Chemical Materials Agency acting director. "It is a model for all the other facilities that will follow suit."

The site has fewer buildings since the ton container cleanout facility and process neutralization building, the two structures dedicated to agent



destruction activities, were demolished. Auxiliary buildings, such as the medical infirmary and administrative trailers have also been removed. In addition, all waste

generated from closure has been decontaminated and disposed.

"Safety has always been the cornerstone of our project. We built, operated and now closed this facility with safety as the first priority. The fact that our safety record during closure is on par with banking institutions is testament to this," said Brian O'Donnell, ABCDF site project manager.

The Resource Conservation and Recovery Act (RCRA) permit issued by the state

will take an additional few months to achieve before full closure. RCRA governs the construction, operation and closure of hazardous waste storage, treatment and disposal facilities. Since ABCDF is located on Aberdeen Proving Ground (APG), its property and structures will remain under Army control after closure. Some of the equipment at ABCDF may be used at another CMA or government facility. The site will be re-used by APG.



U.S. Army Chemical Materials Agency
CREATING A SAFER TOMORROW

MISSION STATEMENT

The mission of the U.S. Army Chemical Materials Agency (CMA) is to protect, safely store and destroy aging chemical weapons, while working toward the effective recovery, treatment and ultimate elimination of the nation's chemical warfare materiel and to fulfill national defense needs by providing specialized products and capabilities to our Soldiers.

CMA manages four mission areas:

- Destruction
- Storage
- International Cooperation
- Support to National Defense

From dedicated workers ensuring safe, secure storage and destruction, to technical experts collaborating with international colleagues, to initiatives that strengthen national defense, CMA strives to accomplish its mission with effectiveness and efficiency.

National stockpile elimination reaches halfway mark

The U.S. Army reached a milestone this month with the destruction of half of its stockpile of chemical munitions. This accounts for more than 1.7 million munitions in the original stockpile.

"We've overcome many obstacles to reach this 50-percent milestone and are on the downhill slope, moving closer to the overall goal of getting rid of all of the chemical weapons in the U.S. stockpile," said Kevin Flamm, program manager for elimination of chemical weapons.

In 1990 the Johnston Atoll Chemical Agent Disposal System, the U.S. Army's first disposal facili-

ty, began disposing of the U.S. chemical-weapon stockpile stored on the island, which is about 800 miles southwest of Hawaii.

The pilot facility completed its mission in 2000 after eliminating the more than 412,000 chemical weapons stored on the island. Today, Johnston Atoll is a wildlife refuge, providing habitat for endangered and threatened waterfowl and marine species.

Another chemical-stockpile site, CMA's disposal facility at the Edgewood Area of Aberdeen Proving Ground, Md., completed disposal of the entire Edgewood Area mustard-agent stockpile in 2006.

Things You Should Know

March's monthly observances

- Cataract Awareness
- Colorectal Cancer Awareness
- Foot Health Month
- Hemophilia Month
- Irish-American Heritage Month
- Mental Retardation and Developmental Disabilities Awareness
- Music in Our Schools Month
- Nutrition Month
- Poison Prevention Awareness
- Red Cross Month
- Social Worker's Month
- Women's History Month
- Youth Art Month

Tired and energy-less all the time? Maybe it's CFS

March is Chronic Fatigue Syndrome Awareness Month.

What is chronic fatigue syndrome?

We all get tired. Many of us at times have felt depressed. But the mystery known as chronic fatigue syndrome (CFS) is not like the normal ups and downs we experience in everyday life. The early sign of this illness is a strong and noticeable fatigue that comes on suddenly and often comes and goes or never stops. You feel too tired to do normal activities or are easily exhausted with no apparent reason. Unlike the mind fog of a serious hangover, to which researchers have compared chronic fatigue syndrome, the profound weakness of chronic fatigue syndrome does not go away with a few good nights of sleep. Instead, it slyly steals your energy and vigor over months and sometimes years.

How does chronic fatigue syndrome begin, and what are

chronic fatigue syndrome symptoms?

For many people, chronic fatigue syndrome begins after a bout with a cold, bronchitis, hepatitis, or an intestinal bug. For some, it follows a bout of infectious

mononucleosis, or mono, which temporarily saps the energy of many teenagers and young adults. Often, people say that their illnesses started during a period of high stress. In others, chronic fatigue syndrome develops more gradually, with no clear illness or other event starting it.

Unlike flu symptoms, which usually go away in a few days or weeks, chronic fatigue syndrome symptoms either hang on or come and go frequently for more than six months. Chronic fatigue syndrome symptoms

include:

- Headache
- Tender lymph nodes
- Fatigue and weakness
- Muscle and joint aches
- Inability to concentrate

social and economic classes from several countries around the world.

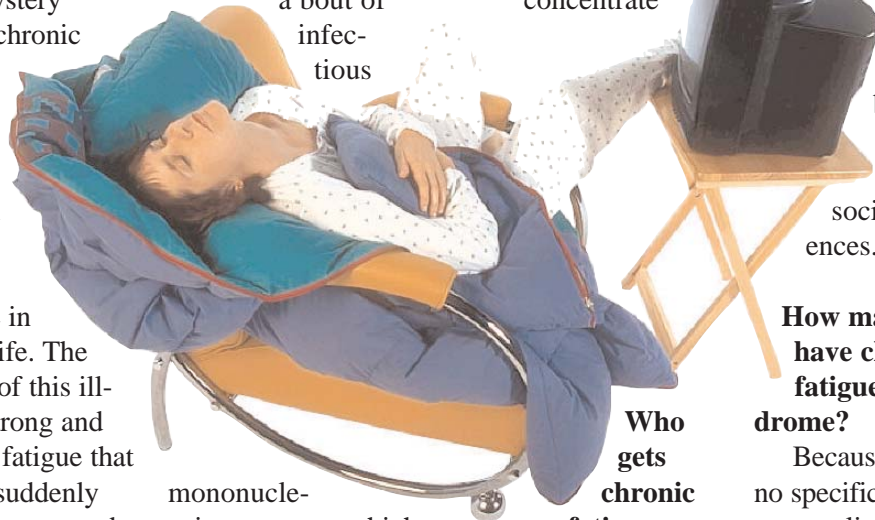
Still, chronic fatigue syndrome is diagnosed two to four times more often in women than in men, possibly because of biological, psychological, and social influences.

How many people have chronic fatigue syndrome?

Because there is no specific laboratory test or clinical sign for chronic fatigue syndrome, no one knows how many people this illness affects. CDC estimates, however, that as many as 500,000 people in the United States have a chronic fatigue syndrome-like condition.

What causes chronic fatigue syndrome?

While no one knows what causes chronic fatigue syndrome, for more than a century, doctors have reported seeing illnesses similar to it. In the 1860s, Dr. George Beard named



Who gets chronic fatigue syndrome?

Chronic fatigue syndrome was once stereotyped as a new "yuppie flu" because those who sought help for and caused scientific interest in chronic fatigue syndrome in the early 1980s were mainly well-educated, well-off women in their thirties and forties. Similar illnesses, known by different names, however, date back at least to the late 1800s. The modern stereotype arose. Since then, doctors have seen the syndrome in people of all ages, races, and

CFS: Affects at least half-a-million Americans; can be brought on by illness or stress

Continued from Page 10

the syndrome neurasthenia because he thought it was a nervous disorder with weakness and fatigue. Since then, health experts have suggested other explanations for this baffling illness.

- Iron-poor blood (anemia)
- Low blood sugar (hypoglycemia)
- Environmental allergy
- A body wide yeast infection (candidiasis)

In the mid-1980s, the illness became labeled "chronic EBV" when laboratory clues led scientists to wonder whether the Epstein-Barr virus (EBV) might be causing this group of symptoms. New evidence soon cast doubt on the theory that EBV could be the only thing causing chronic fatigue syndrome. High levels of EBV antibodies (disease-fighting proteins) have now been found in some healthy people as well as in some people with chronic fatigue syndrome. Likewise, some people who don't have EBV antibodies, and who thus have never been infected with the virus, can show chronic fatigue syndrome symptoms.

How is chronic fatigue syndrome diagnosed?

Doctors find it difficult to diagnose chronic fatigue syndrome because it has the same symptoms as many other diseases. When talking with and examining you, your doctor must first rule out diseases that look similar, such as multiple

sclerosis and systemic lupus erythematosus in which symptoms can take years to develop. In follow-up visits, you and your doctor need to be alert to any new cues or symptoms that might show that the problem is something other than chronic fatigue syndrome.

When other diseases are ruled out and if your illness meets other criteria as well, your doctor can diagnose you with chronic fatigue syndrome.

How can I cope with and manage the chronic fatigue syndrome?

There is no effective treatment for chronic fatigue syndrome. Even though there is no specific treatment for chronic fatigue syndrome itself, you may find it quite helpful to treat your symptoms. Nonsteroidal anti-inflammatory drugs, such as ibuprofen, may help get rid of any body aches or fever, and non-sedating antihistamines may help relieve any prominent allergic symptoms, such as runny nose.

Learning how to manage your fatigue may help you improve the level at which you can function and your quality of life despite your symptoms. A rehabilitation medicine specialist can evaluate and teach you how to plan activities to take advantage of times

when you usually feel better.

The lack of any proven effective treatment can be frustrating to both you and your doctors. If you have chronic fatigue syndrome, health experts recommend that you try to maintain good health by:

- Eating a balanced diet and getting adequate rest
- Exercising regularly but without causing more fatigue
- Pacing yourself — physically, emotionally, and intellectually — because too much stress can aggravate your symptoms. The course of chronic fatigue syndrome varies from patient to patient

For most people, chronic fatigue syndrome symptoms plateau early in the course of illness and thereafter wax and wane. Some people get better completely, but it is not clear how frequently this happens. Emotional support and counseling can help you and your loved ones cope with the uncertain outlook and the ups and downs of this illness.

New studies seem to show that cognitive behavioral therapy and graduated

exercise programs can greatly help many. Others are helped by antidepressants.

Because well-designed clinical studies have found that patients with fibromyalgia (an illness similar to chronic fatigue syndrome) benefit from low-dose tricyclic antidepressants, doctors often prescribe these drugs for people with chronic fatigue syndrome with generally positive results. Some researchers believe that these drugs improve the quality of sleep. Patients also have benefited from other kinds of antidepressants, including the newer serotonin reuptake inhibitors. Therapeutic doses of antidepressants often increase fatigue in chronic fatigue syndrome, so doctors may have to increase the dosage very slowly, or prescribe more active antidepressants. In addition, some people with chronic fatigue syndrome benefit from the benzodiazepines, a class of drugs used to treat acute anxiety and sleep problems. Patients often try more than one drug before finding one that works and can be tolerated.

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Every weekday, information is updated regarding plant operations and processing numbers.

2007 Easter Egg Hunt

Free to all
Team Umatilla employees
and their families

**Saturday
March 31**

Butte Park, Hermiston
Starting at 10:30 am

*Lots of prizes &
goody bags for everyone*

Bring your own basket for hunting

*The Easter Bunny will be there
Bring your camera!*

Age Groups & Times

2-4 yrs. 10:35 am

5-7 yrs. 10:45 am

8-10 yrs. 10:55 am

*Ages 2 and younger are welcome to participate,
however they will be grouped in the 2-4 yrs category.
If your child is too young, there will be special gifts
available for them. If you have children older than 10,
they are welcome to come help out and get a goody bag.*

For more information,
call x7131



Washington Group International